**LESSON REFLECTIONS - SUMMARY**

**Motion & Force**

1. **What was your favorite part of the lesson and why?**

The hands-on activity was our favorite part because the students were engaged with a real world activity!

1. **How effective was the lesson in meeting the objective? What was most effective?**

The lesson met our objective of understanding the relationship between mass, force and distance traveled.

1. **What parts of the lesson would you change? Why?**

We will plan to have more activity boxes to assure that each student has the opportunity to participate in the activity and not just watch while a few complete it.

1. **Were there any parts that needed more explanation or time? How did you handle these situations?**

No.

1. **Did your students find the lesson meaningful and worth completing?**

The students always enjoy hands-on activities especially when they can relate it to real world situations!